

# **SLOW RIDE SUNDAY**

**EMERGENCY:** Injury, **CALL 911**  
Mechanical problem, 802-236-0877

**ROUTES:** (all routes start and end at the Lamoine School)

A: Mill/Walker/Asa/Beach	4.6 miles
B: Beach/Shore	4.1
C: Mill/Walker/Asa/Beach/Beach	9.5
D: Beach/Beach	7.0
E: Mill/Walker/P.C./Marl.Beach/Rac.Cove/ NeedleEye/Asa/Beach/Beach/Shore	15.7
Goat Farm Pizza/Simon Trail	2.0 (from school)
Full circumnavigation (not recommended)	18.5

## **RULES OF THE ROAD:**

Bikes ride on the right side of the road.

Use hand signals when turning.

Obey traffic signs. **STOP AT STOP SIGNS!!**

When in a group try to have experienced riders at the front and the back and ride single file.